

IDAHO FAMILY AND CONSUMER SCIENCES EDUCATION



**Idaho Division of
Professional-Technical
Education**

LIFE AND CAREER EXPLORATION

(Formerly Technology, Life and Careers)

Activity & Resource Guide

Grades 7-9

ISEE Code 722061

June, 2011

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[Link to Content Standards Outline](#)

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INTRODUCTION

The Life and Career Exploration Curriculum framework was developed by a team comprised of Idaho Professional-Technical Education staff and University of Idaho personnel. The curriculum team developed the framework from the National Standards for Family and Consumer Sciences Education, the previous Idaho Technology, Life and Careers guide, Idaho State recommended texts, other states' curricula, and a review of literature pertaining to curriculum content. A committee of selected Idaho teachers participated in the review process.

This statewide curriculum reflects the knowledge and skills recommended for 8th grade students. Students completing the Life and Career Exploration course are better prepared for the challenges of living and working in today's society.

The competency-based curriculum framework format provides a means for monitoring student progress and generating student profiles. The student profile is a cumulative record of student progress and provides documentation of competence.

The Life and Career Exploration statewide curriculum framework is intended to be the fundamental guide to schools for program content. Schools offering Family and Consumer Sciences education should use an advisory committee to consider local and community needs.

LIFE AND CAREER EXPLORATION

What Does a Typical Classroom Look Like?

Because this course emphasizes full-class participation, teamwork, and individual projects and/or study, there should be enough room for tables, chairs, equipment, and lab stations. Accommodations should be made for work stations with electrical outlets. There should be enough storage space to contain resources, display activities, materials, software, and unfinished projects.

Both reusable and consumable instructional materials are generally used in this experience. If there is not enough money in the school budget to purchase materials, equipment, and books, outside funding and/or in-kind services may be required. Some teachers may need to develop classroom materials themselves. If so, adequate time for developing the materials should be allowed.

Equipment might include an overhead projector, computers, videos/VCRs, camcorders, software and videos. Special locks or other security precautions may be taken to protect equipment.

The teacher is the instructional facilitator and the manager of the classroom environment and resources. He/she helps students identify instructional goals and creative activities, moves about the classroom observing and giving assistance, and works with other teachers to plan and deliver the curriculum. The students are active rather than passive learners. They do individual and group work. They develop skills through hands-on activities, test theories, and relate and/or apply what they learn.

LIFE AND CAREER EXPLORATION CONTENT STANDARDS OUTLINE

1.0 EXPLORE CAREER INTERESTS

Competencies:

- 1.01 Identify career interests
- 1.02 Gather career information
- 1.03 Develop a career exploration plan

2.0 EXPLORE THE WORLD OF WORK

Competencies:

- 2.01 Examine work related to individuals and society
- 2.02 Practice the characteristics of valued workers
- 2.03 Practice the job application process

3.0 EXPLORE EACH OF THE SIX IDAHO SUPER CLUSTERS

Competencies:

- 3.01 Examine careers in the agriculture and natural sciences cluster
- 3.02 Examine careers in the business and management cluster
- 3.03 Examine careers in the engineering and industrial systems cluster
- 3.04 Examine careers in the arts and communication cluster
- 3.05 Examine careers in the health science cluster
- 3.06 Examine careers in the human resources cluster
- 3.07 Examine careers involving multiple clusters

4.0 EXPLORE HUMAN RELATIONS SKILLS

Competencies:

- 4.01 Practice communication skills
- 4.02 Practice work place skills
- 4.03 Practice teamwork

5.0 EXPLORE TECHNOLOGY USE IN THE WORK PLACE

Competencies:

- 5.01 Examine the implications of technology in the work place
- 5.02 Perform computer technology skills

1.0 EXPLORE CAREER INTERESTS

1.01 Competency:
Identify career
interests

Lesson Plans

[Career Bulletin Board](#)

Activities

[American Career Article Review w/ Self-Assessment](#)

[Interest Survey](#)

[SKILLS Quick Start](#)

[SKILLS Assessment Assignment](#)

[Dependable Strengths Activity](#)

[Family Occupations Tree](#)

[Career Connection Family Tree](#)

[Goals](#)

[Personal Traits Bingo](#)

[What Rewards Do I Want from Work?](#)

PowerPoint Presentations

[Oh, the Places You'll Go](#)

[Career Choices](#)

Websites

www.idahocis.org

[Career Activities and Vocational Lesson Plans](#)

[Career Lesson Plans](#)

www.careerbuilder.com

www.careers.org

FCCLA Connections

[Job Interview](#)

[Career Connections](#)

[Power of One](#)

Guest Speakers

Idaho Department of Labor

Job Service

Career Counselors

Job Placement Specialist

Other Materials and Resources

[Background Information for Teachers](#)

[Careers Review Game](#) (PPT)

The National FCCLA Association only allows access to FCCLA resources, lesson plans, and materials to affiliated chapter advisers. Please visit www.fcclainc.org to begin the affiliation process.

[Link to Content Standards Outline](#)

1.02 Competency: **Lesson Plans**
Gather career [Career Bulletin Board](#)
information [Draw a Scientist](#)

Activities

[Career Connection](#)
[Career Detail Chart](#)
[College Game Questions](#)
[Computer CIS Project](#)
[eCIS Education & Training](#)
[Occupational Research](#)
[Occupations Scavenger Hunt](#)
[What are Working Conditions?](#)
[Live Reports](#)

PowerPoint Presentations

[Oh, the Places You'll Go](#)

Websites

www.idahocis.org
[Career Lesson Plans](#)
www.careerbuilder.com
www.careers.org

FCCLA Connections

[Job Interview](#)
[Career Connections](#)
[Power of One](#)

Guest Speakers

Idaho Department of Labor
Job Service
Career Counselors
Job Placement Specialist

Other Materials and Resources

[Background Information for Teachers](#)
[List of Careers Activities](#)
[Careers Review Game](#) (PPT)
[College Vocabulary Test Review](#)
[College Vocabulary Assessment](#)
[How to Create a Folder on CIS](#)

1.03 Competency:
Develop a career
exploration plan

Lesson Plans

[My Life Timeline](#)

[Make High School Count](#)

Activities

[Bobilator Decision-Maker](#)

[Four Year Planning Chart](#)

[Dream Catcher Project](#)

[Rubric](#)

[Preparing for High School](#)

[Which Pathway Should I Choose?](#)

[Which Path Do You Choose?](#)

[Who Am I?](#)

[iCareer – Research Paper](#)

PowerPoint Presentations

[Oh, the Places You'll Go](#)

Websites

www.idahocis.org

[Secretary's Commission on Achieving Necessary Skills](#)

FCCLA Connections

[Job Interview](#)

[Career Connections](#)

[Power of One](#)

Guest Speakers

Job Service

Career Counselors

Job placement specialist

Other Materials and Resources

[Background Information for Teachers](#)

[Careers Review Game](#) (PPT)

[Career Unit Self-Evaluation](#)

[How to Create a Folder on CIS](#)

2.0 EXPLORE THE WORLD OF WORK

2.01 Competency:

Examine work
related to
individuals and
society

Lesson Plans

[Why People Work](#)

Activities

[Live Reports](#)

[My Accomplishments](#)

[What I Discovered About Jobs](#)

[Why Do People Work?](#)

PowerPoint Presentations

[Oh, the Places You'll Go](#)

Websites

<http://www.careersonline.com.au/disc/work.sat.html>

<http://www.careerbuilder.com>

FCCLA Connections

[Leaders at Work](#)

[Power of One](#)

[Career Connections](#)

[Career Investigation](#)

Guest Speakers

Career Counselor

Job Service Representative

Other Materials and Resources

[Background Information for Teachers](#)

[Reality Poster Rubric](#)

[World of Work Wheel](#)

2.02 Competency:

Practice the
characteristics of
valued workers

Lesson Plans

[The Top Ten On-The-Job Skills and Attitudes](#)

Activities

[Community Problem](#)

[My Network](#)

[Qualities for Success](#)

[Rate Your Abilities](#)

[I Can Make a Difference](#)

[Wasted Time](#)

[Link to Content Standards Outline](#)

[Ethic Word Problems](#)
[Workplace Problems](#)
[Role Plays for Situations Involving Business Ethics](#)

PowerPoint Presentations
[What Makes a Good Employee](#)
[Activity Sheet](#)

Websites
<http://www.careersonline.com.au/disc/work.sat.html>
<http://www.careerbuilder.com>

FCCLA Connections
[Leaders at Work](#)
[Power of One](#)
[Career Connections](#)

Guest Speakers
Career Counselor
Job Service Representative

Other Materials and Resources
[Background Information for Teachers](#)
[Adaptive Skill Words](#)

2.03 Competency:
Practice the job
application
process

Lesson Plans
[Job Application Practice](#)
[Job Application](#)
[PowerPoint](#)
[Information Sheet](#)
[Answer Key](#)
[Application and Interviews](#)
[Fashion Find](#)
[Job Interview Role Play](#)
[The ABCs of Getting and Keeping a Job](#)
[Successful Job Seeking Skills](#)

Activities
[Job Shadow or Job Interview Project](#)
[My Network](#)

PowerPoint Presentations
[Completing a Job Application](#)
[Job Application](#)

[Link to Content Standards Outline](#)

Websites

www.job-applications.com

www.resumetemplates.org

<http://jobsearch.about.com/cs/jobapplications/a/jobapplication.htm>

FCCLA Connections

[Power of One](#)

[Career Connections](#)

[Job Interview](#)

Guest Speakers

Career Counselor

Job Service Representative

Other Materials and Resources

[Background Information for Teachers](#)

[Job Application Examples](#)

[Job Hunting Vocabulary/Game](#)

[Job Application Rubric](#)

3.0 EXPLORE EACH OF THE SIX IDAHO SUPER CLUSTERS

3.01 Competency:
Examine careers in
the agriculture and
natural sciences
cluster

Lesson Plans

[Career Clusters](#)
[Career Prep](#)
[Clusters Poster Project](#)
[Interviewing a Professional](#)

Activities

[Interest Survey](#)
[Cluster Poster Project](#)

PowerPoint Presentations

[Career Clusters](#)

Websites

www.idahocis.org
<http://www.educ.uidaho.edu/erniebillier/careercluster/>
http://www.educ.uidaho.edu/standards/2009/clusters_pathways-crosswalk.htm
http://www.ptc.idaho.gov/Career_Guidance/Program_of_Study_Curriculum/Career_Clusters/Idaho_Career_Cluster_Resources.html

FCCLA Connections

[Career Connection](#)
[Career Investigation](#)
[Power of One](#)

Guest Speakers

Skilled workers from each of the Clusters

Other Materials and Resources

[Background Information for Teachers](#)
[Career Cluster Test](#)

3.02 Competency:
Examine careers in
the business and
management
cluster

Lesson Plans

[Career Clusters](#)
[Career Prep](#)
[Clusters Poster Project](#)
[Interviewing a Professional](#)

Activities

[Interest Survey](#)

[Link to Content Standards Outline](#)

[Cluster Poster Project](#)

PowerPoint Presentations

[Career Clusters](#)

Websites

www.idahocis.org

<http://www.educ.uidaho.edu/erniebillier/careercluster/>

http://www.educ.uidaho.edu/standards/2009/clusters_pathways-crosswalk.htm

[http://www.pte.idaho.gov/Career Guidance/Program of Study Curriculum/Career Clusters/Idaho Career Cluster Resources.html](http://www.pte.idaho.gov/Career_Guidance/Program_of_Study_Curriculum/Career_Clusters/Idaho_Career_Cluster_Resources.html)

FCCLA Connections

[Career Connection](#)

[Career Investigation](#)

[Power of One](#)

Guest Speakers

Skilled workers from each of the Clusters

Other Materials and Resources

[Background Information for Teachers](#)

3.03 Competency:
Examine careers in
the engineering
and industrial
systems cluster

Lesson Plans

[Career Clusters](#)

[Career Prep](#)

[Clusters Poster Project](#)

[Interviewing a Professional](#)

Activities

[Interest Survey](#)

[Cluster Poster Project](#)

PowerPoint Presentations

[Career Clusters](#)

Websites

www.idahocis.org

<http://www.educ.uidaho.edu/erniebillier/careercluster/>

http://www.educ.uidaho.edu/standards/2009/clusters_pathways-crosswalk.htm

[http://www.pte.idaho.gov/Career Guidance/Program of Study Curriculum/Career Clusters/Idaho Career Cluster Resources.html](http://www.pte.idaho.gov/Career_Guidance/Program_of_Study_Curriculum/Career_Clusters/Idaho_Career_Cluster_Resources.html)

[Link to Content Standards Outline](#)

FCCLA Connections[Career Connection](#)[Career Investigation](#)[Power of One](#)**Guest Speakers**

Skilled workers from each of the Clusters

Other Materials and Resources[Background Information for Teachers](#)

3.04 Competency:
Examine careers in
the arts and
communication
cluster

Lesson Plans[Career Clusters](#)[Career Prep](#)[Clusters Poster Project](#)[Interviewing a Professional](#)**Activities**[Interest Survey](#)[Cluster Poster Project](#)**PowerPoint Presentations**[Career Clusters](#)**Websites**www.idahocis.org<http://www.educ.uidaho.edu/erniebillar/careercluster/>http://www.educ.uidaho.edu/standards/2009/clusters_pathways-crosswalk.htmhttp://www.ptc.idaho.gov/Career_Guidance/Program_of_Study_Curriculum/Career_Clusters/Idaho_Career_Cluster_Resources.html**FCCLA Connections**[Career Connection](#)[Career Investigation](#)[Power of One](#)**Guest Speakers**

Skilled workers from each of the Clusters

Other Materials and Resources[Background Information for Teachers](#)

3.05 Competency:
Examine careers in
the health science
cluster

Lesson Plans

[Career Clusters](#)
[Career Prep](#)
[Clusters Poster Project](#)
[Interviewing a Professional](#)

Activities

[Interest Survey](#)
[Cluster Poster Project](#)

PowerPoint Presentations

[Career Clusters](#)

Websites

www.idahocis.org
<http://www.educ.uidaho.edu/erniebillier/careercluster/>
http://www.educ.uidaho.edu/standards/2009/clusters_pathways-crosswalk.htm
http://www.ptc.idaho.gov/Career_Guidance/Program_of_Study_Curriculum/Career_Clusters/Idaho_Career_Cluster_Resources.html

FCCLA Connections

[Career Connection](#)
[Career Investigation](#)
[Power of One](#)

Guest Speakers

Skilled workers from each of the Clusters

Other Materials and Resources

[Background Information for Teachers](#)

3.06 Competency:
Examine careers in
the human
resources cluster

Lesson Plans

[Career Clusters](#)
[Career Prep](#)
[Clusters Poster Project](#)
[Interviewing a Professional](#)

Activities

[Interest Survey](#)
[Cluster Poster Project](#)

PowerPoint Presentations

[Career Clusters](#)

[Link to Content Standards Outline](#)

Websites

www.idahocis.org
<http://www.educ.uidaho.edu/erniebillier/careercluster/>
http://www.educ.uidaho.edu/standards/2009/clusters_pathways-crosswalk.htm
http://www.ptc.idaho.gov/Career_Guidance/Program_of_Study_Curriculum/Career_Clusters/Idaho_Career_Cluster_Resources.html

FCCLA Connections

[Career Connection](#)
[Career Investigation](#)
[Power of One](#)

Guest Speakers

Skilled workers from each of the Clusters

Other Materials and Resources

[Background Information for Teachers](#)

3.07 Competency:
Examine careers
involving multiple
clusters

Lesson Plans

[Career Clusters](#)
[Career Prep](#)
[Clusters Poster Project](#)
[Interviewing a Professional](#)

Activities

[Interest Survey](#)
[Cluster Poster Project](#)

PowerPoint Presentations

[Career Clusters](#)

Websites

www.idahocis.org
<http://www.educ.uidaho.edu/erniebillier/careercluster/>
http://www.educ.uidaho.edu/standards/2009/clusters_pathways-crosswalk.htm
http://www.ptc.idaho.gov/Career_Guidance/Program_of_Study_Curriculum/Career_Clusters/Idaho_Career_Cluster_Resources.html

FCCLA Connections

[Career Connection](#)
[Career Investigation](#)

[Link to Content Standards Outline](#)

[Power of One](#)

Guest Speakers

Skilled workers from each of the Clusters

Other Materials and Resources

[Background Information for Teachers](#)

4.0 EXPLORE HUMAN RELATIONS SKILLS

4.01 Competency: Lesson Plans

Practice communication skills

- [Communication Skills](#)
- [Fred Learns to Make Good Observations](#)
- [Little Red Riding Hood and Omega Wolf Bert](#)
- [Goofy Jane](#)
- [Josh Takes a Risk](#)
- [Dennis Learns About Responsible Reporting](#)

Activities

- [Boy vs. Girl Communication](#)
- [Communication Skills Activity Bank](#)
- [Games for Learning Effective Communication](#)
- [Interpreter Wanted](#)

PowerPoint Presentations

- [Communication Skills in the Workplace](#)

Websites

- <http://www.communication-skills-4confidence.com/>
- <http://www.goodcommunicationskills.net/>

FCCLA Connections

- [Interpersonal Communication](#)
- [Power of One](#)

Guest Speakers

- Life Coach
- Public Speaker
- Public Relations Representative for District Mayor

Other Materials and Resources

- [Background Information for Teachers](#)
- [Speaking and Listening PowerPoints and Activities](#)

4.02 Competency: Lesson Plans

Practice work place skills

- [The ABCs of Getting and Keeping a Job](#)
- [Toothpick Factory](#)
- [Attitude Counts](#)
- [Workplace Ethics](#)
- [Workplace Skills](#)

[Link to Content Standards Outline](#)

Activities[Job Retention Skills](#)[Critical Thinking](#)[Pink Slip](#)[What's the Big Deal?](#)[We're In This Together](#)**PowerPoint Presentations**[Essential Workplace Skills](#)[Business Etiquette](#)**Websites**[Workplace Etiquette – Tip of the Month](#)**FCCLA Connections**[Interpersonal Communication](#)[Power of One](#)[Leaders At Work](#)[Career Connection](#)**Guest Speakers**

Local employer

Business owner

Human Resources representative

Other Materials and Resources[Background Information for Teachers](#)

4.03 Competency:
Practice teamwork

Lesson Plans[Boat Building](#)[Building a Skyscraper](#)**Activities**[Go for the Gold](#)[Teamwork](#)[Ping Pong Ball Tower](#)**PowerPoint Presentations****Websites**<http://languagearts.pppst.com/speaking.html><http://www.ndt->

[Link to Content Standards Outline](#)

[ed.org/TeachingResources/ClassroomTips/Teamwork.htm](http://www.teamworkandteamplay.com/resources.html)
<http://www.teamworkandteamplay.com/resources.html>

FCCLA Connections

[Interpersonal Communication](#)

[Power of One](#)

[Leaders At Work](#)

Guest Speakers

Mayor

Life Coach

Team Captain

Coach

Other Materials and Resources

[Background Information for Teachers](#)

5.0	EXPLORE TECHNOLOGY USE IN THE WORK PLACE
<p>5.01 Competency: Examine the implications of technology in the work place</p>	<p>Lesson Plans Impact of Technology Technology in the Workplace</p> <p>Activities Internet Safety Webquest</p> <p>PowerPoint Presentations Internet Safety Identity Theft Sexting</p> <p>Websites http://www.businessweek.com/technology/ceo_guide/ http://www.businessweek.com/technology/ http://web.simmons.edu/~chen/nit/NIT'96/96-025-Britz.html http://cybersecurity.idaho.gov http://cybersmartcurriculum.org</p> <p>FCCLA Connections Power of One Applied Technology Illustrated Talk</p> <p>Guest Speakers Computer technician School IT director Local Law Enforcement</p> <p>Other Materials and Resources Background Information for Teachers Technology and the Workplace article Internet Safety – Guide for Parents</p>
<p>5.02 Competency: Perform computer technology skills</p>	<p>Lesson Plans Tech Generations Interview Cyberbullying – Not a Pretty Picture Cyberbullying – Who, me? Why Should I Care? Cyberbullying – Crossing the Line Dealing with Cyberbullying</p>

	<p>Activities</p> <p>Technical Skills Checklist</p> <p>Cyberbullying –Not a Pretty Picture</p> <p>Cyberbullying – Who, Me? Why Should I Care?</p> <p>Cyberbullying – Crossing the Line</p> <p>Dealing with Cyberbullying</p> <p>X-Block</p> <p>Web Safe Crackerz</p> <p>PowerPoint Presentations</p> <p>Websites</p> <p>FCCLA Connections</p> <p>Illustrated Talk</p> <p>Applied Technology</p> <p>Guest Speakers</p> <p>Computer technician</p> <p>School IT director</p> <p>Other Materials and Resources</p> <p>Background Information for Teachers</p> <p>Top 10 Technology Skills</p>
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